

GERENDY

F
E
N
D
Y
H
A
F
L

AUGUST, 1974

VOLUME III, No. 8

35¢

TABLE OF CONTENTS

<i>Mediums and Their Message</i>	
<i>Lecture by Richard P. Goodwin</i>	3
<i>The Penetralia</i>	
<i>by Andrew Jackson Davis</i>	5
<i>Student's Corner</i>	
<i>Article by Ron Cavender</i>	7
<i>Views of our Heavenly Home</i>	
<i>by Andrew Jackson Davis</i>	8
<i>Visitors Views</i>	
<i>9</i>	9
<i>Spiritualist Dictionary</i>	
<i>10</i>	10
<i>Proverb by The Wise One</i>	
<i>11</i>	11
<i>Prayer for Spiritual Healing</i>	
<i>12</i>	12
<i>Healing Hands</i>	
<i>Article by Bee Dorbandt</i>	13
<i>News and Views</i>	
<i>by Duncan Robertson</i>	15
<i>A Guide to Mediumship</i>	
<i>by E. W. and M. H. Wallis</i>	16
<i>Cook Book Capers</i>	
<i>by Edie Faubel</i>	22
<i>Invocation</i>	
<i>23</i>	23
<i>Busy Bees</i>	
<i>by Bee Dorbandt</i>	24
<i>Declaration of Principles</i>	
<i>25</i>	25
<i>Proverb by The Wise One</i>	
<i>26</i>	26
<i>Becoming a Spiritualist</i>	
<i>by H. Gordon Burroughs</i>	27
<i>Lest We Forget</i>	
<i>28</i>	28
<i>Poet's Pen</i>	
<i>30</i>	30
<i>Fables for Young and Old</i>	
<i>31</i>	31
<i>Serenity Cassettes</i>	
<i>32</i>	32

*Published Monthly by SERENITY SPIRITUALIST ASS'N.
NSAC, P.O. Box 137, Forest Knolls, CA 94933*

EDITORIAL DEPARTMENT

Richard P. Goodwin *Editor*
Kay A. Hammel *Ass't. Editor*
Opinions expressed are not necessarily those of the Sentinel.
All unsolicited manuscripts must be accompanied by a self-
addressed, stamped return envelope.

MEDIUMS AND THEIR MESSAGE

A lecture given at Serenity Spiritualist Church on July 7, 1974
through the Mediumship of Richard P. Goodwin

Gift Subscriptions

your
name _____
address _____

(Please Print)

city _____ state _____ zip _____

One Year (12 issues) \$3.70

Two Years (24 issues) \$6.90

Three Years (36 issues) \$10.10

Add \$1.25 per subscription year for Foreign Postage, except Canada, U.S. Possessions, APOs, and FPOs. Canadians add exchange rate difference.

My check money order in the amount of \$ _____ is enclosed as payment.

to _____
address _____

(Please Print)

city _____ state _____

zip _____ one two three years

sign gift card "from": _____

to _____

address _____

city _____ state _____

zip _____ one two three years

sign gift card "from": _____

to _____

address _____

city _____ state _____

zip _____ one two three years

sign gift card "from": _____

first Sunday of the church but it is subject that has been on a subject of Spiritualism that subject is association defines emanations from a se, from this

h communication the dimension and so it is, as genuine self-awareness. shadow of the depths of man of spirit. gh by being if the message is not that all people with other dimensions or what is possible it is that we are

philosophy, science understand its true

MEDIUMS AND THEIR MESSAGE

A lecture given at Serenity Spiritualist Church on July 7, 1974
through the Mediumship of Richard P. Goodwin

It is not only my pleasant duty on the first Sunday of the month to welcome our new members into this church but it is also my duty and responsibility to speak on the subject that has been chosen. And this morning we are speaking on a subject that is indeed not only important to the movement of Spiritualism but it is important to our world today. And that subject is "Mediums and Their Message." Our National Association defines medium or mediumship as one who is sensitive to vibrations from the spiritual world and through whom intelligences from that world are able to convey messages and produce the phenomena of Spiritualism. We look at that definition, yea, with even a broader aspect, for mediums are not only sensitive to spiritual emanations from a spiritual world but they are sensitive to vibrations from a mental world, from an astral world, and, also, of course, from this physical world.

Now, the true purpose of mediumship is to establish communication intelligently, logically and reasonably with other dimensions and to know what those dimensions truly are. And so it is, my friends, before anyone can unfold what is known as genuine mediumship, they must first start on the path of self-awareness. For how is it that an individual can know beyond the shadow of any doubt what is from a mental realm, what is from the depths of our own subconscious or what is from indeed a realm of spirit. We can know what dimension we are expressing through by being on that plane of expression. And so it is, my friends, if the message of the medium is from a spiritual world, then the medium at that time is on a spiritual world in their own soul consciousness. If they are not, then obviously and evidently the message is not from a world of spirit. And so it is, my friends, that all people everywhere have the potential of communication with other dimensions, including the so-called world of spirit, for what is possible for one, of course, is possible for all. And so it is that we are speaking today on "Mediums and Their Message."

So many times people, newly exposed to this philosophy, science and religion of Spiritualism seem to misunderstand its true
(Continued on Page 4)

(Continued from Page 3)

purpose. My friends, its purpose is not to serve as fortune-tellers for the material world. Its purpose is not to glorify the so-called egos of the unfolding mediums. Its purpose is not to solve all of your problems that so many seem to desire to continue to create. That is not the purpose, to my understanding, of genuine mediumship. The purpose of mediumship is to reveal the cause of the experiences that you are experiencing, to help you to see that there is a better way to live in life, that there is a purpose to the moment in which your soul is expressing. There are many avenues through which those who have left this realm will strive and try to help you to change your thinking, for in changing your thinking, my good friends, you indeed will change your life for the better. And so it is that mediumship and its purpose serves the world in which we live. We are not just interested in a dimension over there that someday in twenty, fifty or sixty years we are going to experience. The spiritual world, my friends, is the spirit within your own being here and now. If you awaken your own spirit, your own soul; that is, if you awaken your mind to it, you will experience this so-called world of spirit and having experienced it, you will remove from your conscious thought forever the superstition and the delusion known as death. My friends, if for no other reason, Spiritualism and communication serves a great purpose if it only removes from your thought the delusion of death. For there is no death, my friends. There is only a change, a change of form. Does it not behoove us to give some thought to dimensions in life that are influencing our very being? Who amongst us chooses to be blind to reality, to be blind to truth? Mediumship in Spiritualism is not concerned with your so-called tomorrow. It is concerned, my friends, with your today. For we know if you truly apply the philosophy of Spiritualism, if you make the effort to apply it, you will transform your life—for you will have transformed your thinking. We teach in this understanding that all experiences are the direct effect of a level of consciousness or an attitude of mind, of each and every individual. My friends, that teaching must be repeated endlessly, for it is the repetition of error that has placed us where we are today. And so through the same law of repetition, do we make a slight change in our thinking. I have heard many say that they go to a Spiritualist church and either the message is correct or the message is not correct. Are we using, truly, total consideration when we make the decision

(Continued on Page 6)

THE PENETRALIA
Being Harmonial Answers to Important Questions

by Andrew Jackson Davis

Continued from last issue—

Many philosophers, becoming wearied with the ever-recurring contradictions and paradoxes of human nature—acting foolishly when wisdom was appropriate, manifesting insufferable weakness when strength was demanded—have allowed themselves to grow cynical and sarcastic. The human world disgusts them; and so, like Diogenes, they spend their days in petulant misanthropy. Mr. Emerson says—“I knew a philosopher, who was accustomed to sum up his experience of human nature, in saying—‘Mankind is a damned rascal.’ ” Perhaps, it was a gush of this impatience of human paradoxes which caused the Nazarene to whip the “money-changers;” not less to denounce many as “serpents” and “vipers” worthy only of Gehennal damnation.

Man is ever the indefinite—but he must be questioned. No sooner do we suppose ourselves fully analyzed and finally classified by some new phrenology or anthropology, than we suddenly break out in a fresh spot—provoking ourselves and our dogmatizers equally—with new mental exhibitions; with new characteristics, for which no science, no religion, no bible, has provided laws and adequate explanations. And so, in spite of all arbitrary restrictions and canonical injunctions against self-reliance, we are peremptorily thrown back upon our own centre—to begin another series of questions and answers toward self-comprehension. Of course, one may say, the history of man remains the same, in substance, from age to age: that no new law is developed from him; but there is, I think, one thing in which mankind continue homogeneous—viz.: in the immutability of their changeability. It is this law of Unity, in Variety, which we yearn to understand.

But the great end to gain is, the converting of everything into a benefit. On yonder mountain’s side, you behold the joyous brook leaping down to nestle in the lap of the valley—like a fleet, happy child, hastening to play with the grasses and flowers on the plains beneath! Was it made for play only? Can it do nothing more? Yea. The thirsting cattle may drink great draughts of strength from its rippling bosom; and the meadow-lark, seeing itself reflected, may sing all the sweeter to the children of men. And is that all? Can no

(Continued on Page 34)

(Continued from Page 4)

and the judgment that the message is either correct for us or it is not correct? Do we in truth know the various dimensions that are influencing our life or had we entered a church of this nature with preconceived thought and opinion that we want to hear a certain thing to a certain question that we are entertaining in mind? That is not the way that spiritual communication works. It is indeed the way that mind-reading and telepathy work. That does not mean to say that you will or will not receive an answer to your question, when you go to a church of this nature. That, my friends, depends upon the laws that you and you alone have set into motion. If it is true and it is demonstrable that all experiences are indeed a mirror reflecting back to us our own attitude of mind, then that law is not exempt from the experience of communion and communication. No, my friends, whatever you are seeking is indeed also seeking you. And like the hands of the clock, opportunity every so often shall meet. And so it is that we are here this moment. There are a multitude of motives, but be rest assured, my friends, if those who have gone before us to another dimension, hopefully from the realms of Light, are able to reach your consciousness to help you to make a change in thought, to bring about a more peaceful, a more fulfilling, a more abundant life here and now, then indeed the purpose of mediumship has been served. But remember, my friends, we can never experience in life here or hereafter anything that we are not willing, ready and able to accept. If you can't accept the possibility of eternal life this moment, this day, then it is indeed indicative that you will not accept it tomorrow. So let us think for a moment. Let us think about where we are, here and now, because we have the awareness of this moment. Then let us ask the question, how did we get to this point in evolution today? Where have we been? Because looking at where we have been may serve a purpose of helping us in deciding where we want to go. So few people want to think about that so-called day when it is our time to leave this physical body. Friends, look at it this way, that so-called day is this day; it is this moment. Our thoughts are in a constant process of change. And so it is as we accept new thinking, new ways of living, the yesterdays die and leave our universe.

With so much interest in this age in so-called psychic phenomena, with so much interest in telepathy and mind-reading and psychokinesis and the moving of physical objects by the power of

(Continued on Page 29)

Student's Corner



MAN'S DIVINE RIGHT

by Ron Cavender*

It seems that lately I have become aware of many people complaining that someone is trying to deny them of their freedom or Divine right of expression. After giving it some thought it appears that the people who do the complaining do not have a full understanding of what is their Divine right in this matter.

It is my understanding that every human soul has what is called a "Divine right of expression." This right is not granted a person as he passes the age of adolescence by some invisible judge, somewhere. Every single person throughout the world is born with this right—without discrimination of any kind, given by a Divine intelligent power known as God. It may be likened to the rain, which falls on the weed as well as the lovely flower, without discrimination.

Do all men use this divine right to express their divinity? It seems that sadly enough most do not. Well, if they do not express their divinity, what do they express? Just look around you. This one insists on expressing lack and limitation. That one feels a need to express discontent and dissension where ever he goes. Another can only express desires which he is unwilling to make the necessary effort to educate, and on and on. As sad as it is, it is still his divine right to express in any way in which he sees fit. Although that is as far as most of their understanding goes, in truth that is not the end of it. What is overlooked by most, is, once having made the choice to express their divine right on a lower level of consciousness, they at that very instant guarantee a reaction to their expression.

(Continued on Page 17)

VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

THE PIVOTAL POWER

Continued from last issue—

I would not dare to set bounds to the originating reach and sway of Will; i.e., when it is pure and exercised for a pure purpose. It can overcome all forms of diabolism—diseases, sensualism in the blood, vices in the habits, appetites in the senses, weaknesses in the moral feelings, hypocrisy, falsehood, and all manner of evil thinking. All this it can do when it is pure. But an evil Will is the highest expression of what in the religious world is called “the devil.” It takes counsel of the inclinations of affection, which are the sources of desires, and it employs intellect solely to plot, and plan, and teach the way in which the pivotal power should proceed. How many fair, spiritual natures are held down to earth in bondage and in misery by the evil willpower of animal men and women!

If you would know the full happiness of the harmonial angels, let your Will do only what is requested by your highest Affections, and only what is approved by the reflections of your highest Reason.

THE INNER WORLD

The merest mention, with becoming seriousness, of the spiritual world, suddenly envelopes the ordinary or natural mind with cloud-mists and suffocating vapors; and to such minds, who not unfrequently are great bible-believers and church-members in good standing, the use of the simple term “death” acts like the drop-scene which separates the awful stage of eternity from the weeping audience left in this world. Multiply uncertainty, obscurity, doubt and anxiety one hundred and fifty times, and you obtain the composition and magnitude of that undefinable cloud of blackness which hangs over the tomb. The clearest-headed, most analytical, fairest-minded teacher of the Religion of Humanity in the city of New York (Octavius B. Frothingham) seems to appreciate and eulogize this so-called impenetrable tomb-cloud as an unspeakable blessing to mankind. It acts like a demon of danger, (Continued on Page 14)

Visitors Views



"The philosophy I read in your little handbook I think is very fine and thoroughly enjoyed it. Hope you keep up the good work. It's a good place to find enlightenment in a confused society."

"I found myself with a very good feeling here today and I am sure that this is the way that one will find peace within himself. I will return. Thank you. Love always," E.A.

"Thank you for an enlightening morning. Feels so good to be in the company of such beautiful and spiritual people." R.M.

"I've appreciated the opportunity to visit. Thank You."

"Thank you. . . I appreciate your help." S.D.

"Your guidance and the good vibrations of this church are helping me and giving a more intelligible direction to my searchings." N.S.

"Lately every time I do make it to church it makes Sundays worth while and exciting. After services I feel absolutely fantastic! I thank Serenity and God for giving me this experience. Love and thanks." C.D.

"The philosophy of Serenity is holding me in good stead; every book I pick up reads like the teaching of the Wise One; people that I meet are more positive. The religion of Spiritualism is creating a balance that I haven't enjoyed since I was born. I am truly grateful for and to Serenity for bringing me in tune with the infinite."

"The services are uplifting to me each time I come. I will be back." C.Mc.

"I am trying so hard for help from God and I found it here. Thank you." B.A.W.

"Interesting Service." T.D.

SPIRITUALIST DICTIONARY

Psychic Photography:

Falls into two categories: first, photographs produced by normal means for the purpose of psychical research records. These include many excellent pictures of ectoplasm in various forms; rods, figure materialized in whole or part, light sources, telekinetic phenomena, levitations, mostly obtained by flashlight and infrared techniques. Secondly, pictures produced by supernormal means, psychographs, scotographs, thought projections, various human emanations. Of the appearance of 'extras' (likenesses of a deceased person appearing on an otherwise normally exposed photograph), it may be said that evidence of survival has been given this way, but except in strictly controlled circumstances, it is difficult to eliminate entirely the possibility of faking.

The Society for the Study of Supernormal Pictures:

Established in London 1918. Dr. Abraham Wallace was the president: W. G. Mitchell, Sir Arthur Conan Doyle and H. Blackwell were vice-presidents. Members were mostly professional photographers. The report issued in May 1920 after testing thousands of pictures: 'The members here present, desire to place on record the fact that after many tests and examination of thousands of pictures, they are unanimously of opinion that results have been obtained supernormally on sensitive photographic plates under reliable test conditions. At present, the members do not undertake to explain how the results have been obtained, but assert that they have undoubtedly been secured under conditions excluding the possibility of fraud."

Moving? To receive uninterrupted delivery of your monthly Serenity Sentinel, please make sure your change of address reaches us at least six weeks prior to your change of residence.

TIME IS THE
TEMPTRESS OF
IMPATIENCE.

—The Wise One

PRA YER FOR SPIRITUAL HEALING

*I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.*

*I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.*



Healing Hands

by Bee Dorbandt*

Divine intelligence will heal us anywhere, at any given time, provided we are in a state of consciousness that is tuned in to this Divine Love. . .when we have stilled our minds of thoughts of "me and mine" and replace them with "THEE and THINE," then the obstruction that is holding us in bondage can be removed. When we demonstrate Faith (not belief) that we can be healed, the return to health will take place.

"Miracles" do not occur in the Spiritualist understanding of healing. Healing is accomplished through natural law. If miracles were performed for some and not others, we would have a God who is partial to some and unmerciful to others. Justice would not prevail; chaos would reign supreme. We have been taught by the Wise Teachers, from the Spirit side of Life, that they do help and guide us but we must do our part by having a positive attitude of mind, by thinking beautiful thoughts, speaking kindly words, and we must be aware of our motives, to keep them pure so that the healing power can flow through us unobstructedly. The medium-healer has his part to do also by setting aside his desires, becoming silent and empty of self so he can become a channel for this great Divine Power!

Judgment of other persons is a deterrent to healing, as it builds a wall between us and Divine Love. When we judge that our brother does not deserve what he has, his life is not exemplary as we think it should be, it doesn't help us or our brother. We cannot know what he has merited - what kind deeds he has done or how great his faith is. Judgment is from a mental level. The Spiritual man affirms that God is all there is in everything that is. When we are in that attitude of mind, we can be healed of many conditions that are making us uncomfortable and inharmonious with nature. (Continued on Page 17)

(Continued from Page 8)

standing with beckoning gestures upon the brink of an unknown sea. All men hesitate before death, and most men, because of the great mystery beyond, settle steadfastly into this world, resolved to live in it as long as possible, to squeeze all the happiness possible out of it, to perform their parts as well as possible, and at last, reluctantly, to die when they must.

On the other hand, from 1747 to 1770, the most spiritually-minded, most intellectually and morally endowed, least enthusiastic, wholly devoted man in Europe, Emanuel Swedenborg, by revelations and reasonings almost innumerable, taught that the ordinary (or natural) mind in this world could experience or accomplish nothing glorious and worthy unless the spiritual world, by influx, was permitted to make itself fully manifest in the affections, will, and understanding. He made the most complete and comprehensible affirmations, by means of indispensable repetitions, of the composition of the spiritual world, its internal government, and explained what he understood to be its exact relations to the natural world and to individual men and women. The spiritual world, he insistently repeated, consists of three heavens, one within the other—the natural, the spiritual, and the celestial. The first, lowest, is the region of fraternal (or neighborly) love; the second, or middle heaven, is ruled by fraternal love, which is characterized by the love of truth; and the third, or the highest heaven, is called celestial, because it is altogether a realm of most divine love, being essentially in the love of the Lord. But these triune heavens give you to comprehend only one half of the spiritual world, as Swedenborg explained it; for the other half consists of three hells, one within the other, which in every particular are exact antagonists of the heavens; instead of love to the neighbor, the inhabitants of the first hell are in the miseries of self-love; instead of being governed by love of truth, in the second hell, they exist in conflict with each other, through falsities, evil devices, and horrible practices; and in the inmost hell, instead of divine, fraternal love and essential love of the Lord, the people give themselves up to the most infernal hatreds of one another, insanities of diabolism, and indulge in the most distracting blasphemies and enmities toward the Lord, and oppose constantly whatever is celestial and heavenly.

(To be continued in next issue)

News & Views

by Duncan Robertson*

Last month in this column we reported of the work being done at the Stanford Research Institute, on man sensing the operation of machines via ESP. We had just gone to press when SRI announced that they have also undertaken the converse, a machine which can read the thoughts of man. Sounding close to something out of George Orwell's, *1984*, SRI says that the device is operational and can receive and interpret simple ideas such as colors with sporadic accuracy. They are in hopes that the device may eventually prove valuable in treatment of mental illness and conditions, such as epilepsy and sensory and motor defects where normal means of communication are impaired. They hypothesize that some sort of mental code could be established to enable such individuals to communicate their thoughts. The Institute admits that the device is far from perfected but researchers are reportedly most encouraged with the results of tests to date.

Women's liberation has now made its way into most of the western world's churches. Three Episcopal bishops have disclosed plans to ordain eleven women as priests in defiance of the church's laws and practice. If successful, it would be the first time in the church's history that women have been ordained into its priesthood. Meanwhile a Chicago Methodist congregation that wanted a woman pastor has accepted a male minister, in exchange for a
(Continued on Page 17)

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

A Suggested Explanation

Thought-transference may help us to form some idea of the process by which visual impressions are produced. If an operator draws a rough outline of an object, and then, looking at the drawing, seeks to visualize and hold that picture in his mind's eye, and, by the exercise of his will, endeavors to project and transfer the thought-picture to a sensitive; and, further, if the sensitive is sitting passively yet expectantly, is all attention to receive the positive impression, and it is thus transferred, we have an experience which is, we think, largely analogous to (if not identical with) what happens in impressional clairvoyance.

We fully recognize that there are various kinds and degrees of clairvoyance, as the experienced mesmerist and Spiritualist knows, and we do not claim that the above-suggested explanation covers the whole ground, but it does seem to us adequate for this particular class of experiences.

Spirit Activity And Bodily Sleep

Mr. W. J. Colville says: 'Spirit communion of the most satisfying and consoling nature is frequently enjoyed in sleep, and to render this communion thoroughly efficient as a panacea for doubt and sorrow, it is by no means necessary that on awaking the one who has been enlightened and consoled in sleep should remember any of the detailed circumstances of a vision or a dream. Intromission to the spiritual state surpasses many lesser mediumistic experiences, as it causes an unmistakable feeling of assurance within the one who has experienced it, while even the most convincing tests or proofs coming through another, supply less direct evidence than one's own original experiences.'

The problem of sleep is now receiving, as well as inviting, far more attention than formerly, largely on account of the excellent results which often follow upon mental suggestions given to sleeping patients. We call particular attention to the sleeping state as that of interior or subjective consciousness; never we are unconscious. The phrase "unconscious trance mediumship" is one which (Continued on Page 21)

(Continued from Page 7)

Now, depending upon what level man chooses to express, the guaranteed reaction will be on that same level, coming right back to him. If he expresses lack and limitation, the reaction is further lack and restriction in his life. If a person expresses dissension and discontent, he receives mistrust and alienation, and so it goes. There are a few who understand this law and have made the choice and put in the effort necessary to express their divinity. What do they receive as a reaction? The same kind they sent out, Divine peace and freedom.

The next time one feels a need to express, and we do it hundreds of times a day, stop and think, am I ready to accept the reaction that I know will come as a result of this expression? What kind of reaction would I like to receive? The choice is ours.

(Continued from Page 13)

Submit your will to Divine Will. . .the faculty of Humility will open and a spiritual healing will take place. All things are possible!

(Continued from Page 15)

bishop's pledge to recruit women as ministers. At present only about one percent of Methodist ministers are women.

A leading archeologist, Dr. Egerton Sykes, claims that he has found remnants of the capital of the lost continent of Atlantis. Sykes says that in his recent exploration off the Spanish peninsula, he uncovered perfectly shaped blocks with mosaic designs under 15,000 feet of water. Sykes' exploration was cut short, however, as he discovered that the supposed location was in the middle of a top secret NATO naval zone. The Spanish government ordered him and his 30 man team out of the area.

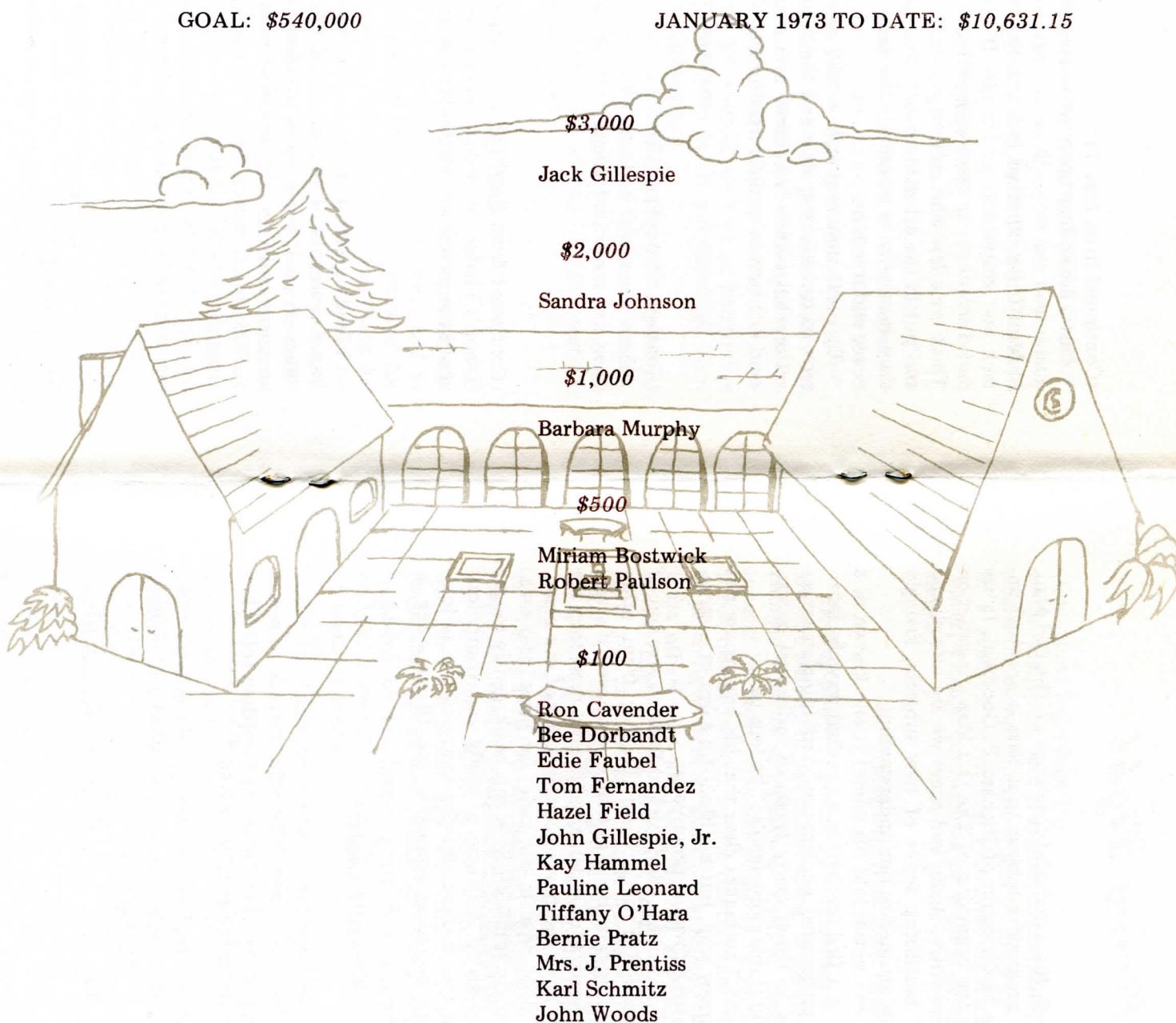
"The less we parade our misfortunes, the more sympathy we command."

—Orville Dewey

Serenity Church Builders

GOAL: \$540,000

JANUARY 1973 TO DATE: \$10,631.15



We gratefully acknowledge gifts made to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for income tax purposes.

The Living Light

In this new book are the wonderful teachings of The Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of The Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.

"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions, understanding developed in him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

Selected Passages:

"What does it benefit your life to add a multitude of things and experiences if in the adding there is no light, there is no peace, and there is no lasting purpose. Let the bells of freedom toll. They are waiting to do so in the faculties of your soul."

Order now your copy of the limited deluxe first edition "The Living Light." \$10.50 per copy, plus \$.30 handling and mailing.

Mail order to:

Serenity Publications, P.O. Box 137, Forest Knolls, CA 94933

(Continued from Page 16)

needs qualifying, and is seldom appropriate, as it by no means explains the recorded experiences of the many sensitives who, when in a superior or exalted state, are conscious of spiritual experiences, though unconscious of what is going on in their material vicinity.'

Magnetic And Spirit Healing

Healing power is possessed in some degree by many people who are not strictly of the mediumistic temperament, but, as they are charged with an abundance of vital, or 'magnetic,' force which is unused by them, it would probably be productive of discomfort, if not disease, were it not for the fact that Nature has made health as catching as disease, and their auric emanations act beneficially upon others who need healing and unconsciously draw to themselves some of this abundant force. Nature ever works towards harmony, and strives to readjust inequalities. Those persons who are of the full-blooded vital temperament should try to relieve the aches and pains of those with whom they associate, for in relieving others they themselves would be benefited, provided a sympathetic feeling could be established. But no one should attempt to magnetize others towards whom he cannot exert kindly feelings, and no sufferer should submit to magnetic treatment by a 'healer' who does not inspire him with confidence and respect. Unless the magnetizer has gained confidence from study and experience, and is guided by intelligent spirits who understand the methods of healing, it would be unwise for him to attempt to treat an illness of a serious nature.

The Laying On Of Hands

Dr. Dean Clarke claimed, in the 'Banner of Light,' that: 'When the mind, both conscious and "sub-conscious," has full magnetic connection with, and control of, every organ in the body, health prevails. When it has not, a condition called "disease" prevails; and whatever method will reestablish the normal state is a true art of healing. If there is too little magnetism to properly charge the nervous system it must be supplied from some source, or if there are obstructions to its proper circulation they must be removed or overcome.'

(To be continued in next issue)



Cook Book Capers

by Edie Faubel*

MUSTARD SAUCE

Serve hot on cold foods — serve cold on hot foods. Good on ham loaf, baked ham, cold roast beef, meat loaf, vegetables, string beans, broccoli, etc. Keeps for months in refrigerator.

$\frac{1}{4}$ cup prepared mustard	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup vinegar	$\frac{1}{4}$ cup tomato soup

Mix well. Add yolks of 3 eggs. Mix with beater. Cook slowly in double boiler 30–40 minutes. Stir often. Add large spoon of butter or margarine at end of cooking.

CHOCOLATE-MINT PARTY COOKIES

2 egg whites	$\frac{1}{2}$ tsp. mint flavoring
$\frac{1}{4}$ tsp. salt	food coloring (optional)
$\frac{1}{2}$ tsp. cream of tartar	1 small pkg. chocolate chips
3/4 cup sugar	

Preheat oven to 375°. Beat egg whites, salt and cream of tartar together until stiff, adding sugar gradually. Add flavoring, coloring and chocolate chips. Drop by teaspoonfuls onto greased cookie sheet. Place in oven; turn off heat immediately. Leave oven closed 3 hours to overnight. Yield: 3–4 dozen cookies.

INVOCATION

O Eternal and Everlasting Spirit of the Universe, we would reverently take up the duties of life; we would pursue our way along the path which leads through the busy haunts of men, to take by the hand those who have struggled, who are yearning, who are weeping and frightened; we would give them the light, which has come to us through the ministrations of loving spirits; we would whisper to them words of cheer and encouragement and give them a glimpse of the spiritual heights and of the life beautiful. We would lead men to a better understanding of the great forces of life and of the wonderful opportunities that await the spirit in the life hereafter. O Divine Spirit, give us a truer appreciation of the nobility and grandeur of struggling upward, onward and forward. Amen.

INSPIRATION

Man receives inspiration from the achievements of the great past and present, realizing all comes from Spirit. If man heeds the promptings of Spirit, his life may be an inspiration to others. He is inspired only in ratio as he hears and obeys that still small voice within. Inspiration reaches man consistent with his fitness and capacity to receive. Aspire to be a fit receptacle! Set an ideal! Aspire! and inspiration will bring great and enduring accomplishments.

There are no dull moments for an inspired mind. Life is rich and productive in proportion as one begins each day with right intent and applies himself with sincerity and diligence to the task before him, determining his degree of success and happiness.

BENEDICTION

May the blessings of the Spirit World be showered upon you like the rains of Spring, fertilizing the spiritual seed planted in your minds tonight, bringing forth a harvest of spiritual good that you may go forth in a more sincere, earnest endeavor to obtain more and greater knowledge regarding life here and hereafter. Amen.



Busy Bees

by Bee Dorbandt*

July was a happy month for the members and friends of Serenity. The following persons became members of the church - Beverly Dummitt, Marilynn Casty, and Jan Smith - all members of the Spiritual Awareness Class. The church is growing by leaps and bounds, which is reflected in the large attendance at the Sunday Devotional Services, brunches, and dinners.

The July 7 Brunch was the largest number of persons served. We gratefully thank all the members and friends who help to prepare the food so attractively and deliciously.

The "Americana" Dinner Social was another lovely event. The patriotic decorations in keeping with America's independence, the home-style American-style food, the entertainment and prizes were delightful to one and all. Our next Dinner Social will be on the theme of "An Israeli Feast" on August 17 at 6:30 P.M. Plan to be with us for a delightful evening.

Your reporter attended the Bake Sale at the Cove Shopping Center, Tiburon — it was the best ever! Two darling cakes shaped as Panda Bears were the talk of the Shopping Center. The beautifully decorated cakes and home-baked breads, rolls, muffins, and other bakery items were baked by the members and friends of our church. The next Bake Sale will be on Saturday, August 24 at Lucky's Market, Fairfax. We will appreciate your donations of bakery items to sell at this event.

Our next session of Spiritual Awareness Classes will start the first Thursday in September. These classes have done so much for so many, as they learn about the Universal Laws of Life and how to apply them to their own lives to bring about peace and happiness to themselves and others. To register for this semester (and seating is limited), see a church member at the end of the Sunday Devotional Service or call the church office.

DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*

MAN'S ABILITY TO
ENTERTAIN A THOUGHT
OR LEVEL OF
AWARENESS WITHOUT
ENSLAVEMENT, IS
EQUAL TO AND
DEPENDENT UPON HIS
DESIRE TO BE WITH GOD.

—The Wise One

BECOMING A SPIRITUALIST

Living Religion
by H. Gordon Burroughs

Continued from last issue—

I have traveled extensively in this country. I have stood among the huge redwoods of California, looking up into the towering trees. I have stood on the rim of the Grand Canyon in Arizona, gazing down into its depths at the mighty Colorado River, which looked like a little ribbon winding its way onward. I have been at the summit of Mount Ranier, that beautiful mountain in Washington, where a rushing river disappears in the glacier to spout into great waterfalls miles and miles below. In Yellowstone Park I heard the rumbling of the earth beneath and saw an eagle feeding her young high up among the crags. At nighttime in these mystic places the moon shone so brightly one could almost read the print of a newspaper. And then the great mystery of all—listening out under the stars to a symphony coming from far-off New York over one's radio!

In such experiences you will find God. It is there where you are going to hear His voice; it is there you are going to touch His hand; it is there where your soul will reach up and contact Him, far removed from the everlasting rush of everyday living.

To find God, then, is to stop, wait, listen, and trust. There is nothing disturbing in God's world that can come into your life from which you cannot be freed through the sustaining and uplifting power of God. Stop looking for the small things, the mediocre. Enter into the silence, into meditation, into relaxation, with receptive listening. Open your mind and heart to His voice; ask for Him; pray to Him. And while you are waiting and praying, be of service. Above all things, forget YOU. The only happiness that you can find is that which you render; the only joy is that which you give.

Fold your hands and serenely wait, as John Burroughs said, not caring for tide or time or sea, knowing full well that what belongs to you comes flowing in upon the tide of God's ever-manifestation and that nothing can keep from you that which belongs to you, when you work with Him and for Him. Thus will you have found an open door through which all happy things can come. You have the key that opens the door.



Lest We Forget

Bugs	Jennie
Richard Burke	Jonquil
The Cavender Family	Alexis Krivor
Lee Cole	Patricia Laughlin
Marguerite Corti	Harold Lucas
Placid J. Geile	Mathilda
Isa A. Goodwin	John Reighly
Mary Lee Hickman	Zipper

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name.

(Continued from Page 6)

mind, with so much interest in our world today, let us use reason, my good friends. I assure you the psychic is not where it is. It serves a purpose, if it is used wisely. It is not the thing to seek. Neither is mediumship and communication with other dimensions. That is not the thing to seek. And that is not what the students and members of this church, I hope, are seeking. We seek what we call God, the Divine, the Eternal Light and Truth. By seeking that, all things that are in your best interest for your own soul evolution shall be added unto you. But woe to the man or the woman who seeks the glory of so-called psychic phenomena and mediumship, for indeed it is sad what they do to their own lives. You don't seek so-called spiritual gifts, my friends, like you seek to be carpenters or musicians. That is not how it works at all. We all have what is known as a soul talent. Now, isn't it wisdom that dictates that we should permit the thing that we are most able to do in life to unfold itself. How do we find what our natural soul talent really is? We find it, my good friends, when we find God because when we find that light within, all things within our universe are revealed to us. So often in life man does not care to accept the humble job and the menial tasks, for he is above those things, according to his own thinking, but don't you see, my good friends, the menial tasks and the humble jobs—that is God's greatest work if we put God into it. Think for a moment, think of what you are doing to yourselves. For one moment still your mind and ask yourself honestly that question, where am I going? I know where I have been but where am I really going? Am I so entertained by what this mundane, material world and its merry-go-round has to offer that I have lost perspective, that I can no longer think for myself because I am brainwashed with either the television set, a radio or a newspaper? Is that where we have put our soul at this point, in our evolution? My friends, don't think for a moment that you are some brand new soul descended direct from God. That is not the understanding or the philosophy of this Association. Our soul is an evolving process. It has expressed through untold centuries and will continue to express through untold centuries. And so, let us ask ourselves how many times must we learn the same lesson. Please do not confuse this philosophy with so-called reincarnation. We understand our soul evolves through the universes and does not necessarily return to this planet to learn its lessons. Think, think how many centuries your soul has been striving to get where you

(Continued on Page 33)



Poet's Pen

*Never give up! If adversity presses,
Providence wisely has mingled the cup,
And the best counsel,
in all your distresses,
Is the stout watchword
of "Never give up."*

—Martin Tupper

*As the bird trims to the gale,
I trim myself to the storm of time,
I man the rudder, reef the sail,
Obey the voice at eve obeyed at prime:
"Lowly faithful, banish fear,
Right onward drive unharmed;
The port, well worth the cruise, is near,
And every wave is charmed."*

—Ralph Waldo Emerson

*Tomorrow's fate, though thou be wise,
Thou canst not tell nor yet surmise;
Pass, therefore, not today in vain,
For it will never come again.*

—Omar Khayyam

*How happy is he born and taught
That serveth not another's will;
Whose armor is his honest thought,
And simple truth his utmost skill!*

—Sir Henry Wotton

*Build a little fence of trust
Around today;
Fill the space with loving works,
And therein stay;
Look not through the sheltering bars
Upon tomorrow,
God will help thee bear what comes
Of joy and sorrow.*

—Mary Frances Butts

*Happy the man,
of mortals happiest he,
Whose quiet mind
from vain desires is free;
Whom neither hopes deceive,
nor fears torment,
But lives at peace,
within himself content.*

—George Granville

FABLES FOR YOUNG AND OLD

THE DONKEY AND THE GRASSHOPPERS

A Donkey was grazing in a meadow one day when he became fascinated by a group of Grasshoppers chirping and harmonizing together. The Donkey admired their beautiful voices and wished that his own was as pleasing.

"How is it that you have such sweet, clear voices?" he asked.

"Oh, I don't know," said one of the Grasshoppers. "Maybe it's because we don't eat anything but the sweet, clear dew off the grass."

This sounded like a logical explanation to the Donkey, so he decided to try the same diet. For several days the Donkey didn't eat anything but the dew from the grass. Every so often he stopped to test his voice, but it didn't get the tiniest bit sweeter. Before very long the Donkey was so weak from hunger, he made no sounds at all except for an occasional groan. As he lay suffering in the grass, the singing Grasshoppers came skipping by.

"What in the world happened to you?" they asked.

The Donkey held his stomach and gave forth an agonizing groan.

"Oh," said one of the Grasshoppers. "Must've been something he ate." And the group hurried off to choir practice.

—One Man's Substance May Be Another's Poison—

SERENITY CASSETTES

SERENITY CASSETTES — A new and exciting concept of learning and inspiration, giving you an opportunity to personally and privately study the higher spiritual teachings of THE LIVING LIGHT philosophy. Serenity Association proudly announces these are now available in cassette form!

The original discourses from THE LIVING LIGHT book, church lectures on such enlightening topics as "Acceptance, the Divine Will"; "Journey of the Soul"; and "The Wisdom of Tolerance" to name a few, plus numerous Spiritual Awareness Classes are a part of the series being offered. Utilizing a question and answer format, each Spiritual Awareness Class varies widely in topics covered. Answers are carefully attuned to the student's understanding. One class, for example, discusses the Divine merit system and the soul's evolutionary incarnation into form; explains that on earth one uses the soul faculty of faith to learn lessons; suggests how to determine one's lessons of life; shares an understanding of what determines the rapidity with which we experience the effects of a law we set into motion; discusses mental retardation; the wisdom of charity; the principle of duality; the principle of change; success and failure; the duty of the soul to produce in a world of creation.

THE LIVING LIGHT philosophy, patterned after life herself, is the understanding developed over centuries by The Wise One, a Great Teacher from the higher realms of Light. These teachings are brought to us through the trance-mediumship of Richard P. Goodwin.

These cassettes, electronically reproduced on the highest quality tape available, are individually priced at \$7.50 plus California State Tax and shipping charges of \$.50 each. They may be purchased for only \$6.00 plus tax and shipping charges by members of The Serenity Cassette Club, whose obligation is to buy twelve (12) cassettes per year.

Details of the Cassette Club and a full description of the cassettes are contained in our Cassette Catalog, which we will furnish upon written request.

These cassettes are invaluable as tools to further your knowledge of the Universal Laws of life. The methods and discourses given therein are useful, practical and pertinent to your every-day living as well as to your higher aspirations.

Please direct inquiries to Cassette Dept., Serenity Association, P. O. Box 137, Forest Knolls, CA 94933.

(Continued from Page 29)

are today. Are you satisfied? Are you, in truth, pleased with yourself this moment? Are you getting from life all that you indeed are desiring? Have you found the purpose for which your soul has entered this earth realm? Or is it necessary, my friends, to keep the mind so active in so-called creation so that you won't have to think any more? I assure you that there is more to life than raising a family, or building a business or even a church. There is more to life, my friends, than things. All things come and all things go but your soul goes on forever and ever. That is what you have to live with.

I have heard many people say, Oh, they can't be alone. They can't be alone! What does that really mean when we think we can't be alone? Does it mean that we must have someone near us and by us that we can talk with, that we can communicate with? And if so, what is the need? Why? Does it mean that we are not willing to face our own thoughts, our own emotions and our own attitudes? Does it mean that we cannot be still by ourself and God and look at ourself honestly and objectively? Does it mean that we are so miserable in the depths of our own being that we must constantly have our mind entertained with people and things? If that is what it means, friends, do yourself a favor and start to think where you are going. May we in this moment and in this day take the message that is given to heart. Let us not judge another's life that we may not be judged ourself, but let us be receptive and let us think. At least, my friends, you have the Divine right to think and you have the Divine right to a life of happiness, to a life of abundance, to a life of joy and to a life of purpose. Thank you.

EDITOR'S NOTE—

The Sentinel extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk (*).

(Continued from Page 5)

one bring out of it a still greater service? Verily, it can accommodate man deeply, if man knows how to help it to bestow accommodation. The mill can be driven by that stream; it can work and play at the same moment; suffering no impoverishment thereby. But it knows not its own power; it waits for interrogation.

The Blackstone river, beginning in Massachusetts and flowing through a portion of Rhode Island, hastened along, babbling and silent by turns, for thousands of centuries. How long it flowed in solitude! But the red man's canoe rode on its surface; yet the aborigine knew not the river. At last, the white man came, who knew how to put the idle tide to service. He built an obstruction across its course. As the human mind stops at an interrogation, so did this strong *dam* arrest the waters. As a sequence, the tide set back, spreading over adjacent margins; and then, with the power of accumulated weight, ran vigorously through the new channel made for it, against an intercepting wheel, which, turning steadily upon its axis, imparted motion to the mechanism of a Cotton Mill. Did that river know before its power to bless? Could it set itself to the work? What it was, it knew not. Its power was concealed from itself, and rolled and flowed indolently. But now, this playful, musical, beautiful stream supports no less than one hundred and thirty great cotton, woollen, and other factories! It gives drink to the thirsty cattle no less; it waters the meadows no less; it talks and dashes along as light and free as it did centuries ago; is as beautiful to the eye as when but "sweet sixteen;" gambols as cheerfully over rocky terraces; leaps as fearlessly from height to depth as ever it did; and yet, because it has been appropriately questioned, it turns something like two million spools and spindles between Worcester and Providence—comprising about fifty miles only of its original play-ground.* While in idleness, it had no intelligent admirers; for such, by nature's law, is the fate of all drones. But now, it is the chief delight of hundreds of working men and working women, who, though they may not stop the haste of labor to gratefully remember the service by the river rendered, yet derive their sustenance from year to year, by waiting obediently upon wheels and spindles which buzz and whirl at the gently, but imperious, pressure of its ever-flowing tides.

*"So great have been the improvements effected in spinning-machinery, that one man can attend to 1,088 spindles, each spinning three hanks, or 3,264 hanks per day; so that, as compared with the operations of the most expert spinner in Hindustan, the American operator can perform the work of 300 men."

(Continued from Page 5)

one bring out of it a still greater service? Verily, it can accommodate man deeply, if man knows how to help it to bestow accommodation. The mill can be driven by that stream; it can work and play at the same moment; suffering no impoverishment thereby. But it know

The Blac
through a p
silent by tu
solitude! Bi
aborigine ki
knew how t
across its cc
did this strc
back, spread
of accumula
made for it,
upon its axi
Did that riv
the work? V
itself, and i
musical, bee
thirty great
the thirsty
and dashes
beautiful to
cheerfully o
depth as ev
questioned,
dles betwee
miles only c
intelligent a
drones. But
men and w
haste of labo
ered, yet d
obediently i
gently, but ii

P.O. Box 137
Forest Knolls, Ca. 94933

Postage will be paid by


*evening
entitled*

BUSINESS REPLY MAIL

No Postage Stamp Required if Mailed in the U.S.

FIRST CLASS

Permit No. 1
Forest Knolls, Ca.



*“So great machinery, running three times with the operator, an American operator can perform the work of 300 men.”

city _____
state _____
address _____
from: name _____

Serenity Spiritualist Church

AMERICAN LEGION LOG CABIN
San Francisco Blvd. San Anselmo

DAILY MEDITATION PHONE
924-4422

Devotional Services
SUNDAY - 10:00 A.M.

Spiritual Healing
Spiritual Awareness Classes
Spiritual Communication

RICHARD P. GOODWIN, President

Public Cordially Invited

ATTEND THE
CHURCH OF YOUR CHOICE

Serenity Spiritualist Association

Forest Knolls, Ca. 94933

NSAC

